

# First Responders Foundation



## STRONGER TOGETHER WORKSHOP

**STRONGER TOGETHER is a proactive workshop for First Responders and the significant support person in their life,**

to prepare for traumatic/critical events together. Together you will walk through this training learning how traumatic/critical incidents affect yourself, your families, and your friends. Participants will learn how these experiences can have a short-term or permanent lasting effect on individuals. By the end of this training, each person will learn how to recover, heal, and strengthen resiliency following traumatic events by working stronger together. This free one time 4-hour class can extend careers, marriages, relationships and life!

**May 6, 2023  
from 8:00am-12:00pm**



Scan to  
register for  
this free  
training



**FIRST  
RESPONDERS  
FOUNDATION**

For more information and registration visit  
[www.firstrespondersfoundation.org](http://www.firstrespondersfoundation.org),  
email [FRST@firstrespondersfoundation.org](mailto:FRST@firstrespondersfoundation.org)  
or call 402-218-1234 extension #2